

HUBUNGAN PENGETAHUAN, SIKAP, DAN PRAKTEK TENTANG GIZI SEIMBANG DENGAN
STATUS GIZI WARGA USIA LANJUT DI WILAYAH KERJA PUSKESMAS ADIWERNA
KABUPATEN TEGAL TAHUN 2005

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(2005 - Skripsi)

Lansia di Indonesia yang kurang gizi ada 3,4%, berat badan kurang sebesar 28,3% berat badan ideal berjumlah 42,4% berat badan lebih ada 6,7% dan obesitas sebanyak 3,4%. apabila ditelusuri masalah-masalah perilaku merupakan penyebab masalah gizi. Upaya untuk mewujudkan derajat kesehatan yang optimal dengan meningkatkan kesadaran, kemauan, dan kemampuan hidup sehat. Penelitian ini bertujuan untuk mengetahui hubungan pengetahuan, sikap dan praktek tentang gizi seimbang dengan status gizi warga usia lanjut di wilayah kerja Puskesmas Adiwerna Kabupaten Tegal. Penelitian ini merupakan jenis penelitian explanatory, menggunakan metode survei dengan pendekatan study cross sectional. Sample penelitian sebanyak 95 orang berasal dari desa Adiwerna dan desa Pesarean yang diambil secara systematic random sampling. Data dikumpulkan dengan kuesioner dan pengukuran antropometri (IMT). Teknik analisis data yang digunakan adalah uji statistik Spearman dengan $\alpha=0,05$. Hasil penelitian menunjukkan adanya variasi pengetahuan, sikap dan praktek sampel tentang gizi seimbang. Rerata skor pengetahuan yaitu $8,9 \pm 2,37$ dari kemungkinan total skor 14; sikap $21,99 \pm 4,45$ dari kemungkinan total skor 30; dan praktek $7,9 \pm 2,32$ dari kemungkinan total skor 12. Sebagian besar sampel 54,74% mempunyai pengetahuan sedang; 44,21% mempunyai sikap baik dan sedang; 51,58% mempunyai praktek gizi seimbang baik 49,47% mempunyai status gizi normal; gemuk 29,47%; kurus 24,74%; dan obesitas 6,32%. Ada hubungan pengetahuan dengan praktek gizi seimbang ($r=0,721; p=0,000$), Ada hubungan sikap dengan praktek gizi seimbang ($r=0,838; p=0,000$). Tidak ada hubungan praktek gizi seimbang dengan status gizi usia lanjut ($r=0,142; p=0,170$). Perlu perhatian terhadap masalah gizi usia misalnya dengan kegiatan posyandu usia, konseling/penyuluhan gizi dan kesehatan yang akan bermanfaat bagi usia.

Kata Kunci: Perilaku lansia, Gizi seimbang, Status Gizi

RELATIONSHIP, ATTITUDE, AND PRACTICE ABOUT WELL-BALANCED OF NUTRITION WITH NUTRITION STATUS THE OLDER PEOPLE IN REGION WORK ADIWERNA PUBLIC HEALTH CENTER, NON IRRIGATED DRY FIELD TEGAL

The older people in Indonesia of Under nourished there is 3,4%, possibly under nourished there is 28,3%, well nourished amount to 42,4%, overweight there is 6,7% and obesity counted 3,4%. If traced, Problem of behavior represent cause of nutrition. Effort to realize degree of optimal health by improving awareness, willingness, and ability of healthy life. This research aim to know relationship of knowledge, attitude and practice about well-balanced of nutrition with nutrition status the older people in region work Adiwerma Public Health Center. Non irrigated Dry Field Tegal. This kind of research is explanatory, to use survey method with approach of sectional cross study. Research sample counted 95 person came from two country to put with Sistematic random sampling. Data collected with questioner and measurement of antropometri (IMT). Technique analyse used data with statistical test of rank Spearman with alfa=0,005. Result of research show the existence variation of knowledge is 8,9 + 2,37 from probability of total score 30; and Practice is 7,9 + 2,32 from probability of total score 10. Most sample 54,74% having knowledge of goodness, while 44,21% having good attitude, and 51,58% having good practice, 49,47% having normal nutrition status, overweight 29,47%; savere 14,74%, obesity 6,32%. There is relationship between knowledge and pratice about well-balanced of nutrition ($r=0,721$; $p=0,000$), There is relationship between attitude and practice about well-balanced of nutrition ($r=0,838$; $p=0,000$), There are no relationship between practice about well-balanced of nutrition and nutritional status the older people ($r=0,142$; $p=0,170$). Need attention to problem nutritional status of older , for example with older people posyandu activity, counselling of nutrition and health to be benefit for older people.

Keyword: Behavioral of Older People, well-balanced nutrition, nutritional status.